Abstract

Title: Influence of buoyancy dumb-bells on load intensity during shallow water aerobic

Objectives: The aim of this theses was to compare the heart rate to several variants during 14 minutes head-out aquatic exercise (with simultaneous legs and arms actions and with simultaneous legs and arms actions using buoyancy dumb-bells). 8 females, clinically healthy and with a regular level of physical activity in age between 25–60 years (age 42 ± 11,4 years) were studied. The other aim of this theses was to compare the heart rate during rest on land and rest in water during shallow water aerobic in an upright position with water level to shoulder depth.

Methods: We monitored heart rate changes during 14 minutes head-out aquatic exercise by Sport Tester S610i. The results of the tests were analyzed and evaluated with Polar Precision Performance software. Chi-squared test was used to examine the average difference to heart rate during tests.

Results: We found non-significant increases on load intensity during test with using buoyancy dumb-bells. Average heart rate during rest in water showed decreases by 13 beats per minute.

Keywords: buoyancy dumb-bells, load intensity, heart rate, shallow water aerobic